



ParentZone Northern News

Term 2 2021

PARENTZONE

**BETTER
TOMORROWS**

Welcome to the ParentZone Northern Newsletter for Term 2 2021

Our aim is to provide a responsive, innovative and accessible Regional Parenting Resource Service. We use a strengths based, culturally-sensitive and gender-appropriate approach for families, carers and professionals with children aged 0 - 18 years of age within the LGA's of Whittlesea, Hume, Moreland, Nillumbik, Banyule, Darebin and Yarra.

Welcome to the Team Leader's report for term 2 2021! We began the year with some staffing changes. Jo Templeton is on a 6 month secondment to a team leader position in the East, where she will surely excel as she has in the North. We hope to welcome her back in second semester. Jess Moran stepped in to the acting program co-ordinator role at short notice in January and deftly juggled the acting team leader position as well as her own, whilst acclimatising to the new acting co-ordinator position as well. Quite a feat! We welcomed Cal Revell to a 6 month facilitator position in the team, covering parenting groups and specialist work with dads too. We are enjoying his warm, relaxed style and the empathetic, strength based approach he brings to group work. We are also grateful that Genine Clements agreed to take on additional group work responsibility, thereby maintaining a high level of skill and breadth of experience across the current team. We have also benefitted from great support from Shirin and Kamal from the Working for Victoria program undertaken by AV, commencing last year. Term 1 remained online, but we are looking forward to a slow return to some face to face groups as of next term. We are presenting a broad group of both parenting and specialist groups, with some vacancies remaining on the waiting list. We are also facilitating Parents Building Solutions (PBS) training for professionals, which is a great opportunity to build on group delivery skills, learn about co-design and the strength based, adult learning approach to delivery. We then offer follow up opportunities to co-facilitate a PBS parent group with one of our experienced PZ PBS facilitators. Please refer timetable attached. We are also in talks to present the NPEN forum face to face later in the year, refer NPEN update. We continue to enjoy strong, collaborative relationships with councils, schools and other community agencies as well. Busy and exciting times!

Warm regards

Helen Slonek

Team Leader, PZ and BWCH

What we do

ParentZone Northern News provides information on parenting programmes, parenting activities and support services that are available in the Northern Region to assist parents in their parenting role.

While ParentZone Northern provides the editorial support for this Newsletter, the intention is that it provides a voice for all parenting programmes in the North, in particular for the Northern Parent Educator's Network. We put out a warm welcome to all professionals in the Northern Region who work with the parents and families to attend the meetings and contribute to the Newsletter.



ParentZone Term 2 Professional Programmes - All sessions will run online

Parents Building Solutions - Professionals

A comprehensive framework for professional's who work with parents in any circumstances. Engage parents effectively in conversations about their parenting role by using a strength based, reflective approach. Articulate a comprehensive framework for parents based on family values, relationships and boundaries. Through individual, family or group work, support parents to:

- Develop known and agreed rules within their family

Recommended for: early years educators and family support provider

Tuesday 4th May – 8th June
10.00am – 1.30pm

COST: \$385- includes USB with PBS manual.

For bookings and inquiries contact Family Services Education Officer
familytraining@whittlesea.vic.gov.au or 94048865 or
www.trybooking.com/BMWCCX.

Developmental Milestones: Baby stages (birth to 18 months) - Professionals

During this session educators will explore what the developmental stages are during the first 18 months, how the environment, genes and parenting style can impact on this development and what educators can do to actively support child development.

Recommended for: early years educators.

Tuesday 20th April
6.00pm - 7.30pm

For bookings and inquiries contact Family Services Education Officer
familytraining@whittlesea.vic.gov.au or 94048865 or
www.trybooking.com/BMWCB.

Adolescence Development - Professionals

This session will support professionals working with adolescents to better understand this stage of development and the changes young people are going through. During the session the areas of development will be discussed including social, emotional, intellectual, physical and language.

Recommended for: professionals working with young people (aged 10-25)

Tuesday 27th April
10.00am - 12.00pm

For bookings and inquiries contact Family Services Education Officer
familytraining@whittlesea.vic.gov.au or 94048865 or
www.trybooking.com/BMWCJ.

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ParentZone Term 2 Parent Programmes - All sessions will run online

Circle of Security

If you would like to:

- Learn & understand how to create a safe, nurturing & supportive environment for your children
- Recognise your strengths as parents & further strengthen your relationship with your children
- Understand your child's emotional world & their behavioural cues & become more responsive to your children by learning to read their emotional needs
- Understand that repairing is a vital path to strengthening a strong & positive relationship
- Support your child's ability to successfully manage emotions

For parents/caregivers with children between the age of 0-6 years.

Wednesday 21st April - 9th June, 8 weekly Sessions
10:00am – 12:00pm

For bookings and inquiries contact Family Services Education Officer
familytraining@whittlesea.vic.gov.au or 94048865 or
www.trybooking.com/BMRFB.

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Tuning in to Kids

This 8 week programme provides a number of skills and strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

For parents of children aged 6 years - 11 years

Tuesday 27th April - 15th June
10.00am - 11.30am

For bookings and inquiries contact Family Services Education Officer
familytraining@whittlesea.vic.gov.au or 94048865 or
www.trybookings.com/BMRGC

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**drummond
street services**
wellbeing for life

ParentZone Term 2 Parent Programmes - All sessions will run online

Managing Change for Teens

We all know that teens, and adults, have had to deal with a lot of change in 2020.

This interactive session is an opportunity to hear from other parents. We will explore some of the fears and worries our teens have around change and how we can respond to these.

We will discuss a range of resilience skills and strategies that may be helpful to support your children during this period of change.

This session is presented by ParentZone and Nillumbik Shire Council and is suitable for parents, grandparents and carers of pre-teens and teenagers.

Monday 19th April
6.00pm - 7:30pm

To register head to: <https://www.nillumbik.vic.gov.au/Events/Managing-Change-for-Teens>

Proudly supported by
Nillumbik Shire Council



Healthy Screen Time and Gaming

An interactive session for parents in partnership with Gamblers Help, focusing on the role of gaming for young people and how to recognise and manage harmful gaming.

There will also be some practical tips on how to manage healthy screen time in your home.

This session is suitable for parents, grandparents and carers of teens.

Monday 3rd May
6.00pm - 7.30pm

To register head to:
<https://www.nillumbik.vic.gov.au/Events/Healthier-Gaming-and-Screen-Time>

Proudly supported by
Nillumbik Shire Council



ParentZone Term 2 Parent Programmes - All sessions will run online

Managing Screen Time

Learn how to navigate the challenges of managing children's screen time. This session will offer valuable information on the impacts of screen time on children's health and development.

Parents will be provided with strategies/tips on setting boundaries for screen usage.

Recommended for: parents/carers of children

Thursday 20th May

6.00pm - 7.00pm

For bookings and inquiries contact Family Services Education Officer
familytraining@whittlesea.vic.gov.au or 94048865 or
www.trybooking.com/BMRGY

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Managing Your Teens Anxiety

This interactive session focuses on:

- What are the typical fears, worries, and anxieties that our teenagers experience?
- Understanding and empathising with their experiences
- Exploring ideas and responses that support them

Recommended for: parents/carers of young people (aged 10-25)

Thursday 17th June

6.00pm - 7.30pm

For bookings and inquiries contact Family Services Education Officer
familytraining@whittlesea.vic.gov.au or 94048865 or
trybooking.com/BMRKJ

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ParentZone Term 2 Parent Programmes - All sessions will run online

Growing Connections

A FREE 8 week group aimed at nurturing and healing the relationship between mothers and children (aged 5-12) who are survivors of family violence.

This is a safe, supportive and fun group for mothers and children to attend together. The group will help to:

- strengthen your connection with your child
- increase your confidence and skills to continue to nurture and build your relationship after the group
- Connect with other families who have had similar experience in a safe space

With funding support from the Australian Government Department of Social Services through Uniting Vic Tas, CfC Facilitating Partner

Wednesdays 28th April to 16th June 2021 (8 weeks)

10:00am to 12.00pm

Broadmeadows Area

(Address provided upon registration)

For bookings & inquiries contact Zenaida Mello
(Growing Connections Project Worker) on
03 9301 5262 or 0447 185 875

Art and Soul

A FREE School holiday program, designed to provide mother's and their children with a introductory experience to our 8-week Growing Connections group. Art & Soul is a fun, interactive and safe environment, designed for participants to spend quality time together.

The program will provide a mixture of activities that are:

- Indoor & Outdoor
- Art based and Creative
- Sensory Integrated
- Play based

With funding support from the Australian Government Department of Social Services through Uniting Vic Tas, CfC Facilitating Partner

Thursday 8th April 2021

10.00am to 12.00pm

Broadmeadows Area

(address provided upon registration)

For inquiries or to register please contact:
Zenaida at Anglicare Broadmeadows on 03 9301 5262 or
0447 185 875

Uniting



Uniting



ParentZone Term 2 Parent Programmes - All sessions will run online

Art and Soul for Dads

You are invited to participate in a FREE school holiday program designed to provide father's and their children with a fun and interactive environment in which to spend quality time together. The program will incorporate play, movement and art based activities, to encourage fun and attachment between families.

With funding support from the Australian Government Department of Social Services through Uniting Vic Tas, CfC Facilitating Partner

Tuesday 13th April 2021
10:00am - 12:00pm
Anglicare Broadmeadows
32 Railway Crescent, Broadmeadows

For inquiries or to register please contact:
Zenaida at Anglicare Broadmeadows on 03 9301 5262 or
0447 185 875

Dads Building Solutions

In these sessions we will talk about what being a dad means to you. Over the six weeks we will look at the subjects which matter most to you as a dad or male carer. These topics can include communication, discipline, resilience and dealing with feelings.

Thursday 20th May - 24th June
6.00pm - 7.30pm

To book call ParentZone on 03 8641 8900 or 0458 550 071
or email ParentZone.Northern@anglicarevic.org.au

Tuning in to Teens

Would you like to help your teen to learn how to manage their emotions?
Would you like to help prevent behavioural problems in your teen?
Tuning in to Teens is a 8 week parenting programme that shows you how to help your teen develop emotional intelligence.

Thursday 29th April - 17th June
10.30am - 12.00pm

To book call ParentZone on 03 8641 8900 or 0458 550 071
or email ParentZone.Northern@anglicarevic.org.au

Uniting



What's happening elsewhere

Parenting in a New Culture

The Parenting in a New Culture (PINC) Program helps migrant and newly arrived families in Australia, to build their parenting skills and improve Family functioning.

You will:

- Learn how to help your children THRIVE in Australia
- Discuss the challenges for migrant families in Australia
- Learn how to teach your children about your culture, while in a new country
- Develop parenting strategies using practical tools
- Receive information about Australia's education & legal systems
- Talk about the stages of development your children will experience
- Access extra parenting help and be introduced to other services that can help you and your family PROSPER in Australia

Included:

- All course materials
- Child-minding in the room next door
- Light lunch provided

For inquiries and bookings, call Sandra Abid on 0408 515 918 or email SandraA@spectrumvic.org.au

Parenting in a New Culture for Dad's

Are you a Dad? Are you newly arrived to Australia?

Would you like to build your parenting skills and improve family functioning?

You will:

- Learn how to help your children THRIVE in Australia
- Learn how to teach your children about your home culture, while in a new country
- Access extra parenting help and be introduced to other services that can help you and your family PROSPER
- Talk about the challenges for migrant families in Australia
- Learn about the stages of development children experience
- Gain an understanding of how your family might change over time and how to deal with your feelings of loss of power
- Help overcome feelings of your children being "lost" to their new culture
- Receive support to help you deal with employment challenges
- Gain understanding of gender roles and equality in Australia
- Develop parenting strategies using practical tools
- Information about Australia's education & legal systems

Included:

- All course materials

For inquiries and bookings, call 0419 290 140 or email Rezam@spectrumvic.org.au

With funding support from the Australian Government Department of Social Services through Uniting Vic Tas, CfC Facilitating Partner

Northern Parent Educator Network

Welcome to Term 2 2021. We are looking forward to getting together at our network meetings throughout the year to share knowledge and information from each of our programs and hear from a range of guest speakers. One of the successes of last year was the increase in attendance at our NPEN meetings. Attendance at each online meeting far exceeded the number that we would have managed to fit in our ParentZone office meeting room. Therefore, we will continue to run our network meetings online throughout 2021.

We held our Term 1 NPEN meeting on Thursday 18th March. We were fortunate to have Dom Alford, Project Coordinator of Support for Fathers at Relationships Australia Victoria, speak with us about emerging research from Australia and overseas about how gender roles and family dynamics have been impacted by COVID-19 and the 2020 lockdowns. This was well received by the 23 NPEN members who attended the session. It certainly gave us a lot to think about in deciding how we can best support families moving forward and generated some great discussion. We also discussed the impact of the lockdowns on how we deliver our services, how clients access services, and how we may deliver services moving forward. We also had the opportunity to hear from a range of NPEN members about their programs and what they can currently offer parents.

We are excited that the NPEN Forum is planned for Term 3 2021. This will be on identifying tools and strategies when working with Aboriginal and Torres Strait Islander Families. Watch this space for further information on the forum.

During 2021 we will continue to meet once a term convening on the second last Thursday of the term (see dates below). Due to the increase in participation this will continue online and in the afternoon from 2pm – 4pm.

NPEN NETWORK MEETING DATES:

Thursday 17th June 2021 at 2pm Online Zoom

Thursday 5th August 10am – Venue and more information to follow

Thursday 9th December 2021 at 2pm Online Zoom

If you would like to present at a NPEN meeting or have an idea for a topic you would like covered, then please contact Jess at jessica.moran@anglicarevic.org.au.

Parentzone and Family Services will continue to work in partnership throughout 2021. We will continue to work in partnership through delivering Parents Building Solutions (PBS), Looking Forward, and Parenting After Violence together. We look forward to seeing more Family Services staff trained and delivering PBS as co-facilitators.

Family Services

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Broadmeadows Women's Community House

Term 1 Programmes

All enquiries – 9301 5250 or womenshouse@anglicarevic.org.au

Let's Play & Let's Play More Playgroups

Mondays

Out and About Seniors Group

Tuesdays

Small Steps & Little Steps Playgroups

Tuesday

Ageing and Feeling Great Seniors Group

Thursdays

Meadow's Primary School Playgroup

Thursdays

Women's Wellbeing Circle - Social Support Group

In Partnership with The Australian Muslim Women's Centre for Human Rights

Fridays

English Conversational Classes

Wednesdays



Important Telephone Contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

Safe Steps - Family Violence Response Centre
(24 hr service – Toll Free) 1800 015 188

Berry Street Northern Family & Domestic Violence Service 03 9450 4700 (Hume Moreland)
Orange Door 1800 319 355 (Banyule, Darebin, Nillumbik, Whittlesea and Yarra)

Darebin Community Mental Health Centre 03 9416 6300

InTouch Multicultural Centre Against Family Violence 03 9413 6500 or Free call: 1800 755 988
Telephone Interpreter Service (TIS) (24 hr) 131 450

Child Protection After Hours Service 131 278

Northern Centre Against Sexual Abuse
(NCASA) 03 9496 2240 or A.H 1800 806 292

Lifeline Crisis and Suicide Support 13 11 14

Beyondblue Information and support Line 1300 22 46 36
Crief Line 9935 7400

Women's Legal Service Victoria 03 8622 0600 or 1800 133 302

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

Headspace 1800 650 890

Switchboard – LGBTIQ support (3pm – midnight only) 1800 184 527

Council of Single Mothers and their Children Victoria (CSMC) 03 9654 0622 or 1300 552 511 (outside Melbourne)